IBUPROFEN A BRIEF HISTORY OF

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Clinical trials of ibuprofen take place in Edinburgh in six patients with rheumatoid arthritis

Ibuprofen is launched in the UK for treatment of rheumatic diseases and marketed as prescription medicine Brufen at a dose of 600–800mg per day

Ibuprofen compares favourably with gold standard treatment for rheumatoid arthritis, aspirin, but with a better gastrointestinal side-effect profile (Annals of the Rheumatic Diseases 1969;28:613)

Follow a review of new thrombotic cardiovasculary safety data, the European Medicines Agency (EMA) concludes that non-selective non-steroidal anti-inflammatory drugs (NSAIDs) may be associated with a small increase in the absolute risk for thrombotic events, especially when used at high doses (>2,400mg for ibuprofen) for long-term treatment. However, the overall benefit-risk balance remains favourable

An observational study suggests that use of ibuprofen for more than 5 years is associated with a 44% reduction in risk of developing Alzheimer’s disease (Neurology 2008;70:1672)

The advertising watchdog bans a UK TV advertisement for Nurofen because it falsely claimed that the product can specifically provide clinically important effects for riboflavin (and other NSAIDs) do not carry a small increased risk of cardiovascular diseases, such as being released into the bloodstream more quickly than standard ibuprofen (The FASSET Journal 2016;30:4772)

Ibuprofen at doses >1,200mg daily, along with other NSAIDs, increases risk of myocardial infarction, especially within the first month, according to an analysis of data from nearly 450,000 patients (BMJ 2017;357:j1909)

Original patent granted a product licence of right by the UK to Chemicals and Healthcare products Regulatory Agency (MHRA) following the introduction of a licensing system in 1971

An observational study suggests that taking ibuprofen (and other NSAIDs) during a cold or flu infection increases risk of heart attack by 3.3 times for high dose and 3 times for low-dose preparations (Journal of Infectious Diseases 2017;216:603)

A systematic review finds that ibuprofen and other NSAIDs do not provide clinically important effects for back pain over placebo (Annals of the Rheumatic Diseases 2017;76:1269)

The MHRA asks the EMA (pictured) to review the safety of ibuprofen. The following year, the EMA confirms that high doses (>2,400mg per day) of ibuprofen carry a small increased risk of cardiovascular diseases, such as heart attack and stroke. No increase is seen at OTC doses (up to 1,200mg)

A systematic review finds that fast-acting formulations of ibuprofen demonstrate more rapid absorption, faster initial pain reduction, good overall anaesthesia in more patients at the same dose, and probably longer-lasting analgesia, but with no higher rate of patients reporting adverse events (Pain 2014;155:14)

A randomised, double-blind, placebo-controlled trial reveals that high doses of ibuprofen (mean dose 2,59g/kg) slow lung inflammation in patients with cystic fibrosis by 25mg/kg

Retail outlets without GSL status, meaning it can be sold in general sale list (GSL) status, meaning it can be sold in general sale (GSL) status, meaning it can be sold in general sale. Ibuprofen is switched to OTC status in 1971

Based on prescription data, ibuprofen is linked to a 5% increased risk of out-of-hospital cardiac arrest in an observational study of nearly 30,000 patients. No information on OTC use was available (European Heart Journal Cardiovascular Pharmacotherapy, online 24 December 2016)

Ibuprofen is approved as an over-the-counter (OTC) medicine in the UK at a maximum daily dose of 1,200mg and launched as Nurofen

An observational study of more than 8 million NSAID users in the UK but available elsewhere) could protect from adverse cardiovascular effects by preserving the nitric oxide pathway, as well as being released into the bloodstream more quickly than standard ibuprofen (The FASSET Journal 2016;30:4772)

The authors say that although the study focused only on prescription NSAIDs, the findings apply to NSAIDs obtained over the counter as well

Mild to moderate pain is added as an indication for ibuprofen in the UK

Current use of ibuprofen or other NSAIDs is linked to a 15% increased risk of hospital admission for heart failure, an observational study of more than 8 million NSABD users in four countries, finds (BMJ 2016;354:i4677). The authors say that although the study focused only on prescription NSAIDs, the findings might apply to NSAIDs obtained over the counter as well

Ibuprofen compares favourably with gold standard treatment for rheumatoid arthritis, aspirin, but with a better gastrointestinal side-effect profile (Annals of the Rheumatic Diseases 1969;28:613)

The advertising watchdog bans a UK TV advertisement for Nurofen because it falsely claims that the product can specifically target joint and back pain. Nurofen products marketed for specific types of pain were removed from sale in Australia in 2016 because they misled consumers

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A brief history of ibuprofen

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